



ShipShape

Weight Management *eNews* | Spring 2015



Program Manager's Note

The Navy and Marine Corps Public Health Center (NMCPHC) officially launched the revitalized ShipShape Program in March 2015. In support of the effort, NMCPHC led an intensive program improvement initiative to modernize the curriculum, enhance facilitator training, update the roster and reporting forms, and increase participant involvement. Further, the ShipShape Program adopted a new logo, tagline, and brand identity, and simultaneously launched the redesigned ShipShape Program website which includes fresh content and an improved site structure.

I would like to give a special thanks to the ShipShape Program Facilitators for participating in ongoing dialogue and optimization efforts throughout this program improvement initiative. Your input and feedback was instrumental in increasing the value and impact of the program.

The ShipShape Program will continue to build and foster NMCPHC's dedication to assisting participants with making healthy behavior changes in order to lose weight and maintain a healthy lifestyle.

If you are a ShipShape Program Facilitator, ensure that you join the **ShipShape Program Facilitators group** on milSuite to gain access to the most up-to-date materials and resources.

For more information, visit the **ShipShape Program website** and check out the **press release** on Navy.mil.

V/r,

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ShipShape Program Manager, NMCPHC

GET READY. GET FIT. GET HEALTHY.

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Stay Connected to the ShipShape Program!

Visit our **website**, subscribe to the **newsletter**, and always feel free to **contact us** directly. You can also engage with the program manager and other facilitators on the ShipShape Program milSuite group!

Upcoming Dates

Choose Healthy Options for Wellness (CHOW) and ShipShape Program Facilitator Training

15-16 July: Navy Environmental and Preventive Medicine Unit Five (NEPMU5) – San Diego, CA

4-5 August: NEPMU-2 – Norfolk, VA



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Nutrition

Healthy Eating in the Galley

A key component of the ShipShape Program is teaching participants how to choose foods that best support performance, readiness, and health. This is especially true when eating in the galley, which can offer quick, but unhealthy processed foods, such as frozen pizza or baked goods, that are high in calories, sodium (salt), added sugars, and fats. Below is a list of healthy suggestions from the Human Performance Resource Center (HPRC) that you can share with ShipShape Program participants to guide them toward eating healthier in the galley.¹

Category	Tips
Fruits and Vegetables	Make half of your plate fruits and vegetables at every meal. When deciding which fruits and veggies to eat, a good tip is to "Eat the Rainbow."
Protein	Fill ¼ of your plate with lean sources of protein. These include chicken, seafood/fish, beef, and pork; dairy such as non-fat/low-fat cheese, milk, Greek yogurt, and cottage cheese; and beans, lentils, nuts, seeds, and nut butters.
Grains/Starchy Vegetables	Fill ¼ of your plate with grains (100% whole grains, if possible) or starchy vegetables such as corn, peas, and potatoes.
Healthy fats	Reduces calories, fat, saturated fat, and cholesterol which controls weight and protects the heart.
Sodium and Sugar	Choose foods with less added salt and sugar.
Calories	Avoid oversized portions to reduce your calorie intake.



The Department of Defense also sponsors Go for Green®, a nutrition education and promotion program that labels foods and beverages by colors (green, yellow, and red) to help service members choose the healthiest options. Learn more about the **Go for Green®** program and share the information with ShipShape Program participants.

Body

The Importance of Regeneration and Recovery

Regeneration is vital to all training programs, as it enables the body to recover after exercising and revitalizes the body and mind.

Navy Fitness developed the **"Regeneration Series"** as part of the Navy Operational Fitness and Fueling System (NOFFS) to help Sailors recover between training sessions, and assist with alleviating aches, pains, knots, and stiffness. Movements in this series center around soft tissue release via a foam roll and trigger point ball. The series also contains helpful tips and techniques for scheduling workouts, including duration and equipment options, and creating a fueling strategy.²

Share these **regeneration strategies** with ShipShape Program participants to enable them to efficiently recover and re-energize their bodies. Also, encourage them to check out Navy Fitness' **Regeneration Virtual Trainer** or download the **Regeneration Guide**.



¹ Go for Green: For Warriors. Human Performance Resource Center: A DoD Initiative Under the Force Health Protection and Readiness Program. <http://hprc-online.org/nutrition/go-for-green/go-for-green-r-for-the-warfighter>. Accessed 9 March 2015.

² Command Navy Installation Command (CNIC). NOFFS Training System. Regeneration Series. <http://www.navyfitness.org/fitness/noffs/regeneration/>. Accessed February 2015.



**GET READY.
GET FIT.
GET HEALTHY.**



Mind

Unwind with *Relax Relax*

NMCPHC is currently revitalizing the *Relax Relax* website to provide an enhanced user experience through increased functionality and improved navigation. The updated website will be optimized for use by both low and high bandwidth users. Users with slower Internet connection speeds, such as Sailors and Marines who are deployed, will be able to access relaxation audio tracks individually. Users with a high-speed Internet will be able to use embedded media players to listen to each exercise, enabling instant access.

The purpose of the *Relax Relax* website is to aid Sailors and Marines in reducing stress and strain through a suite of deep relaxation and focus-based exercises that are set to audio tracks. The audio tracks and relaxation techniques serve as a tool to ease psychological and physical wear and tear and enhance readiness of Sailors and Marines.

Stay tuned for more information from NMCPHC on the official launch of the new *Relax Relax* website!

Weight Management in the News

A recent study funded by the U.S. National Institutes of Health (NIH) found that people who added more fiber to their normal diet were able to lose weight, lower blood pressure, and reduce blood sugar levels.³

The study involved 240 adults at risk of developing type 2 diabetes, who were split into two groups. The first group increased their fiber intake by at least 30 grams per day and had to get their fiber from fruits, vegetables, and whole grain foods, and not



from supplements. The second group followed a more complex diet recommended by the American Heart Association (AHA).

While the first group did not lose quite as much weight as the second group, results showed that they were still successful in losing weight by increasing their fiber intake. The study concluded that people who find it challenging to adhere to a complex diet may still achieve some weight loss by increasing their fiber intake. Learn more about the [study](#).

Access information and resources that support [Healthy Eating](#) and [Weight Management](#) and share them with ShipShape Program participants.

ShipShape Program News

IMPORTANT NOTICE: Please note that in the event your email address changed due to the Defense Enterprise Email (DEE) migration, you will need to re-subscribe to continue receiving this newsletter. Re-subscribe here: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-shipshape@mail.mil. In the body of the email, state "Re-subscribing due to DEE migration."

Further, note that the official ShipShape Program email address has changed to: usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-shipshape@mail.mil. Please add this new email address to your contacts list and use it to contact NMCPHC regarding ShipShape Program matters moving forward.

In other program news, NMCPHC is excited to announce the publication of the "ShipShape Program Facilitator Marketing Toolkit." The toolkit provides ShipShape Program Facilitators with resources and guidance to promote the ShipShape Program within their community. It includes templates, key messages, social media content, and links to a variety of products and resources for effectively marketing the program locally.

Download the "ShipShape Program Facilitator Marketing Toolkit" on [milSuite](#) today!

This is a publication of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department. It provides the ShipShape Program community with information and resources that promote Mind, Body, Nutrition, and Weight Management. The content focuses on the fundamental components of the ShipShape Program: mindset, nutrition, and physical activity. It also provides ShipShape Program Facilitators with important program news, announcements, and key dates and events.

Unless otherwise noted, all photos are used with the permission of the photographer and have been released for use in the public domain.

³ Yunsheng Ma, MD, PhD, et al. Single-Component Versus Multicomponent Dietary Goals for the Metabolic Syndrome: A Randomized Trial. <http://annals.org/article.aspx?articleid=2118594>. Published 17 February 2015. Accessed 9 March 2015.